

MAY

ACTIVE ADULTS

MIAMI BEACH

Mon	Tue	Wed	Thu	Fri
1 Sign-up for Dolphin Mall Sign-up for Luau party <u>WATER AEROBICS</u> 12:00 PM – 1:00 PM <u>AQUA ZUMBA</u> 7:00 PM - 8:00 PM	2 <u>DANCE FUSION</u> 9:30 AM – 10:30 AM	3 <u>WATER AEROBICS</u> 12:00PM – 1:00 PM	4 <u>CHAIR AEROBICS</u> 9:30 AM – 10:30 AM <u>ZUMBA</u> 11:00 AM – 12:00 PM <u>AQUA FIT & TONING</u> 7:00 PM - 8:00 PM	5
8 <u>WATER AEROBICS</u> 12:00 PM – 1:00 PM <u>AQUA ZUMBA</u> 7:00 PM - 8:00 PM	9 <u>DANCE FUSION</u> 9:30 AM – 10:30 AM	10 Trip to Dolphin Mall <u>WATER AEROBICS</u> 12:00PM – 1:00 PM	11 Mothers Day Party <u>CHAIR AEROBICS</u> 9:30 AM – 10:30 AM <u>ZUMBA</u> 11:00 AM – 12:00 PM <u>AQUA FIT & TONING</u> 7:00 PM - 8:00 PM	12 
15 Sign-up For Brunch Cruise <u>WATER AEROBICS</u> 12:00PM - 1:00 PM <u>AQUA ZUMBA</u> 7:00 PM - 8:00 PM	16 <u>DANCE FUSION</u> 9:30 AM – 10:30 AM	17 <u>WATER AEROBICS</u> 12:00PM – 1:00 PM	18 <u>CHAIR AEROBICS</u> 9:30 AM – 10:30 AM <u>ZUMBA</u> 11:00 AM – 12:00 PM <u>AQUA FIT & TONING</u> 7:00 PM - 8:00 PM	19
22 <u>WATER AEROBICS</u> 12:00 PM – 1:00 PM <u>AQUA ZUMBA</u> 7:00 PM - 8:00 PM	23 <u>DANCE FUSION</u> 9:30 AM – 10:30 AM	24 Luau Party <u>WATER AEROBICS</u> 12:00PM – 1:00 PM	25 <u>CHAIR AEROBICS</u> 9:30 AM – 10:30 AM <u>ZUMBA</u> 11:00 AM – 12:00 PM <u>AQUA FIT & TONING</u> 7:00 PM - 8:00 PM	26 
29 Closed for Memorial Day 	30 <u>DANCE FUSION</u> 9:30 AM – 10:30 AM	31 Brunch Cruise  <u>WATER AEROBICS</u> 12:00PM – 1:00 PM		

MAY EVENTS & FIELD TRIPS

TRIP 1 - Dolphin Mall

(Max: 20 people) May 10, 2017 (FREE)
Bus leaves Flamingo Park @ 9:30 am
Returns to Flamingo Park @ 3:30 pm
Sign-up start May 1, 2017 @ FLAMINGO
"Lunch NOT included "

TRIP 2 - Brunch Cruise

(Max: 20 people) May 31, 2017 (\$10.00 per senior/ CASH ONLY)

Bus leaves Flamingo park @ 9:30am

Returns to Flamingo Park @ 3:00pm

"Lunch IS included "

Sign-up starts Monday, May 15, 2017 @ Flamingo Park

EVENT - Mother's Day Party

May 11, 2017 (FREE) 12:00pm - 3:00pm Location: Unidad

EVENT - Luau Party

Jungle Island - Sabal Palm Plaza (1111 Parrot Jungle Trail)

Wednesday, May 24, 2017 6:00 pm - 8:30pm (FREE)

RSVP Required - RSVP list will be located @ FLAMINGO

Sign-up starts Monday, May 1, 2017

Transportation is provided: Buses leave FLAMINGO @ 4:30pm.

Classes, offered by Parks and Recreation

- Aqua Zumba - Every Monday, 7:00pm - 8:00pm @ Flamingo
- Water Aerobics - Every Monday & Wednesday, 12:00pm - 1:00pm @ Flamingo
 - Dance Fusion - Every Tuesday, 9:30am - 10:30am @ Flamingo
 - Chair Aerobics - Every Thursday, 9:30am - 10:30am @ Flamingo
 - Zumba - Every Thursday, 11:00am - 12:00pm @ Flamingo
- Aqua Fit & Toning - Every Thursday, 7:00pm - 8:00pm @ Flamingo

Kevin Cobas: Kevincobas@miamibeachfl.gov

David Rodriguez: DavidRodriguez@miamibeachfl.gov

Flamingo Park: (305)673-7779

***Schedules subject to change. Please call (305)673-7779
for most updated Information.***

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